



Breath

The final component of your set-up routine before you begin your backswing is that of *breath control*.

People who study martial arts are well aware of how breath control can increase their strength and place them more in a position of total control. They understand its benefits both physically and mentally. *These benefits also hold true for golf.*

Take a deep breath and hold it about two inches below your navel.

Proper breath control can:

- A) Give you more stability.
- B) Increase your power.
- C) Help you to relax and reduce the tightness of your muscles.
- D) Help you to develop a more rhythmic swing.
- E) Help you to focus on what you want to accomplish with your swing.